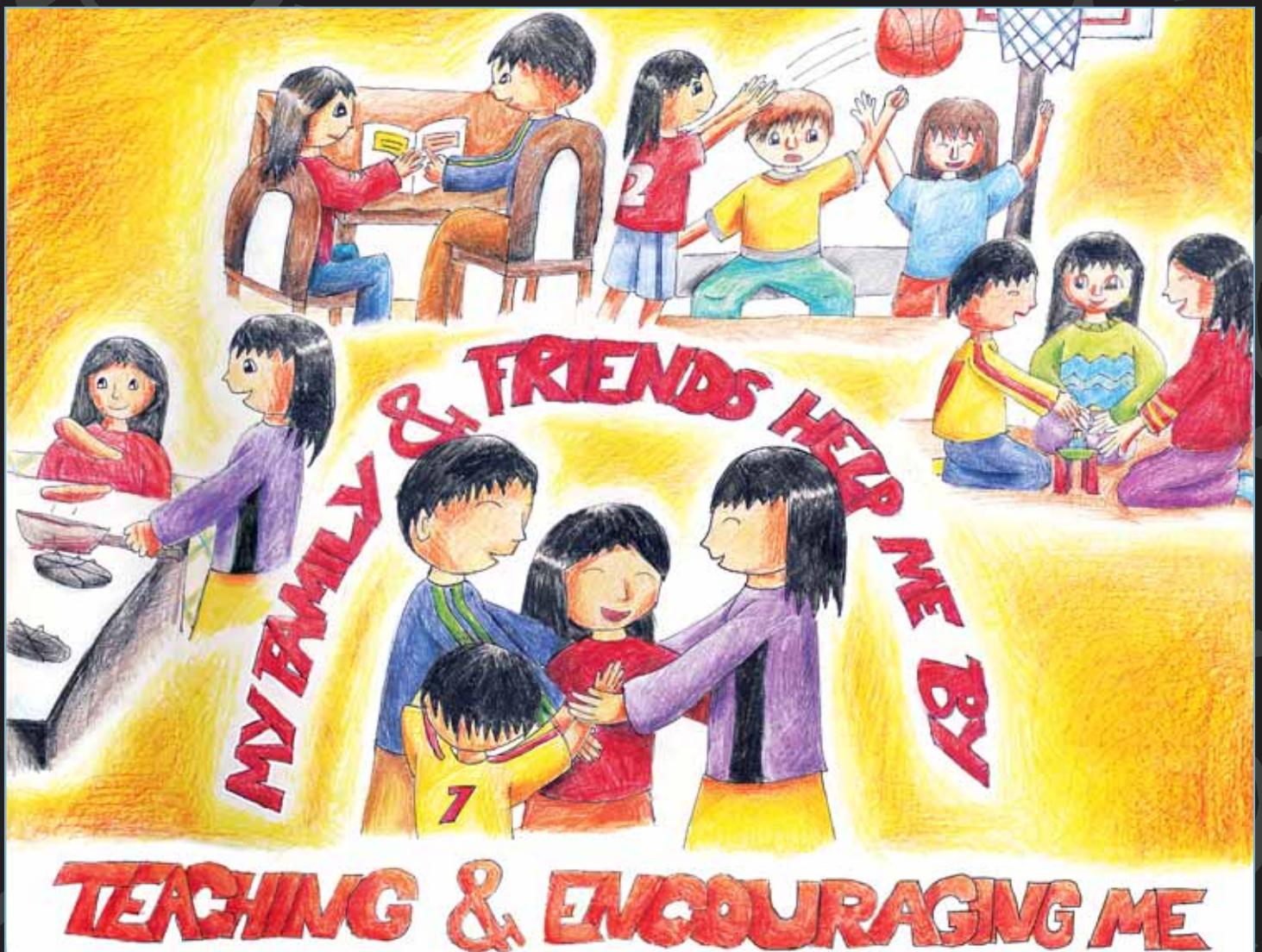


# 2006 Calendar



*My family and friends help me by...*



Cover Design: Jessica Chu, 10  
Harrison Elementary School – Livingston, NJ



Marissa Hampp, 8  
Valley Road School – Clark, NJ

HAPPY NEW YEAR FROM THE NEW JERSEY TASK FORCE ON CHILD ABUSE AND NEGLECT. WE ARE VERY PLEASED TO INTRODUCE A WONDERFUL NEW CALENDAR FOR 2006.



This year our calendar theme is "My Family And Friends Help Me By..." as illustrated by New Jersey youngsters in kindergarten through sixth grade. In their delightful artwork, these children demonstrate how loved ones help them by teaching, encouraging, supporting and caring for them. Last April, which is Child Abuse Prevention Month, our young artists were recognized at a special ceremony and presented with certificates and savings bonds.

The Task Force produces this calendar annually to share tips about positive parenting and creating a loving and nurturing environment for our children. We warmly acknowledge the PTAs around the state for their help with the poster contest. We also extend sincere appreciation to the Johnson & Johnson Family of Companies for its generous and ongoing support, which makes it possible for the Task Force to distribute this calendar free of charge to thousands of families in New Jersey every year.



Eboni Pearce, 8  
Connecticut Farms School – Union, NJ

**FAMILY HELP-LINE 1-800-THE KIDS**

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at [www.njtaskforcecan.org](http://www.njtaskforcecan.org)

★ My Family and Friends ★  
help me by pitching in with  
work & play!



Jessica Ohiri, 12  
Kawameeh Middle School – Union, NJ

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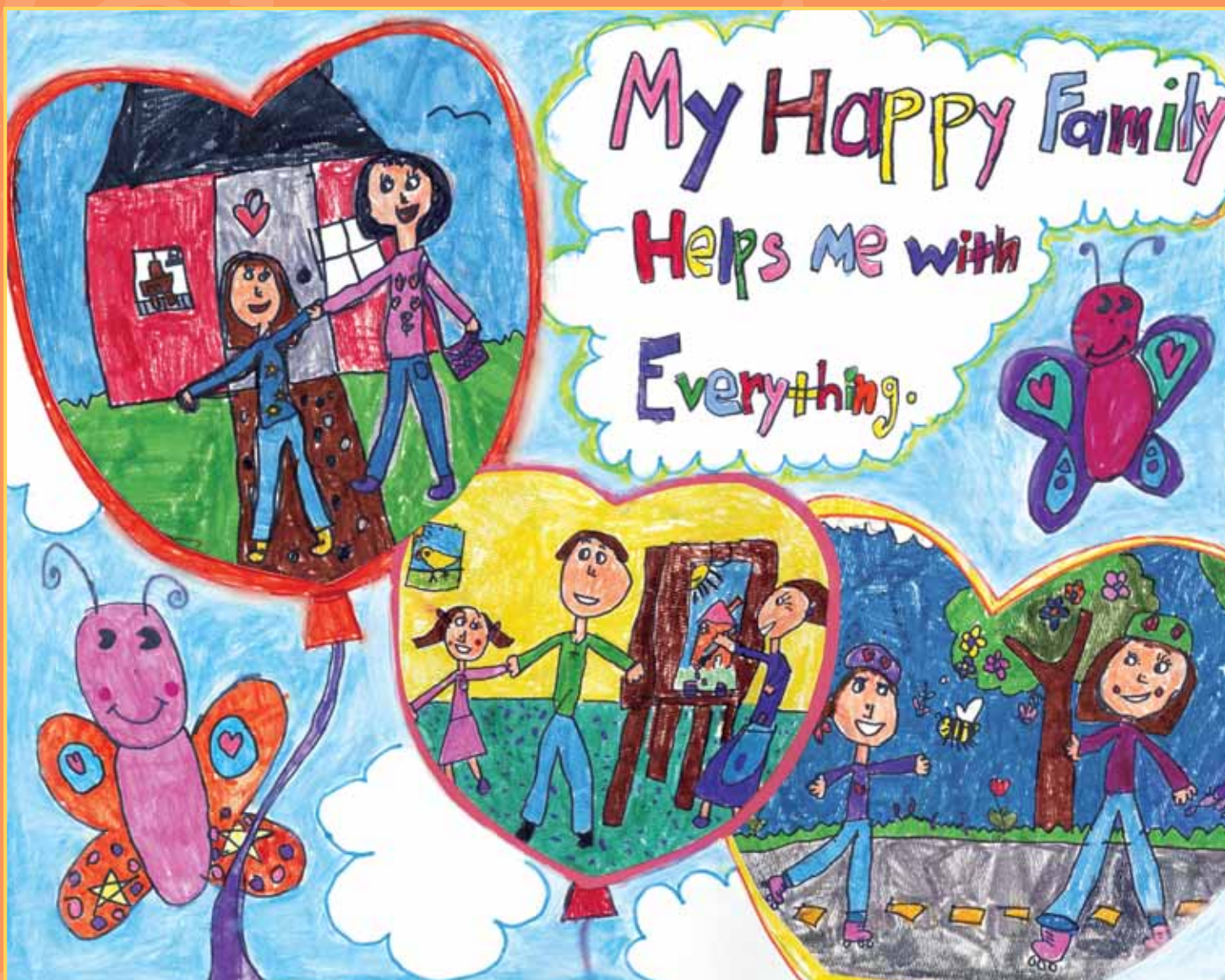
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<p><b>1 New Year's Day</b> Help your children find and mark family birthdays on this calendar.</p>	<p><b>2</b> Praise without words sometimes. Children love smiles and hugs for a job well done.</p>	<p><b>3</b> Acknowledge a person in your community who supports children and families with a letter to your local newspaper.</p>	<p><b>4</b> Important ways to take care of yourself include eating well and making time for exercise.</p>	<p><b>5</b> Give your children opportunities to show compassion for others by donating books and toys to a charity or shelter.</p>	<p><b>6</b> Help Mother Nature by making sure cans, glass and paper are recycled. The environment will thank you!</p>	<p><b>7</b> Show appreciation for your significant other. Slip a greeting card with your thoughts under his or her pillow.</p>
<p><b>8</b> Donate a few hours to an organization that needs capable, caring adults to work with parents and children.</p>	<p><b>9</b> Sharing your family history helps children gain appreciation for grandparents and extended family members.</p>	<p><b>10</b> Teach thankfulness by your example.</p>	<p><b>11 Amelia Earhart Day</b> Tell your children about the strong and brave women who are your role models.</p>	<p><b>12</b> Your child's best efforts always deserve a few words of loving appreciation.</p>	<p><b>13</b> Appreciate your children just as they are. All children are wonderfully different!</p>	<p><b>14</b> Make a simple birdfeeder for your feathered friends. Cut a large hole in a plastic milk jug, add birdseed, hang in a tree and watch the action!</p>
<p><b>15</b> Sign your daughter up for the local girl scout troop. Scouting builds self-confidence. <a href="http://www.girlscouts.org">www.girlscouts.org</a></p>	<p><b>16 Martin Luther King, Jr. Day</b> A day to thank those who fought for the freedom we have in the U.S.A.</p>	<p><b>17</b> Volunteer together! Participate as a family in projects that make a real difference for others.</p>	<p><b>18</b> Set an example of fairness and kindness to others for your children to follow.</p>	<p><b>19</b> Let sitters and daycare staff know when you're pleased with the care your children receive.</p>	<p><b>20</b> Always tell your children "thanks" and "good job" when they help you out around the house.</p>	<p><b>21</b> Children may not always say it in words, but they do appreciate what you do for them.</p>
<p><b>22</b> Help your children appreciate everyone in your extended family—from tiny babies to elderly grandparents.</p>	<p><b>23</b> Children know you care when you listen to their hopes and dreams for the future.</p>	<p><b>24</b> Thank your child's teacher when he or she is doing a good job.</p>	<p><b>25</b> Help your children learn about the contributions made by every ethnic group to our culture.</p>	<p><b>26</b> Enjoy life's simple pleasures with your children, like walking in the fresh snow or admiring a star-filled night sky.</p>	<p><b>27</b> Parenting support is just a phone call away. Call the Family Help-Line at <b>1-800-THE KIDS.</b></p>	<p><b>28</b> Make a double batch of cookies or a casserole together, then give your creation to a food pantry or soup kitchen.</p>
<p><b>29 Super Bowl Sunday</b> Toss the football around outside with your family before settling down to watch the game.</p>	<p><b>30</b> Say thank you to your children when they do something thoughtful for others.</p>	<p><b>31</b> Show your community spirit by helping plan a neighborhood watch, garage sale or spring clean-up day.</p>	<p>Did you know January is <b>National Thank You Month</b>?</p> <p>This month, find ways to show appreciation to <b>teachers, caregivers, the community, your family—and yourself!</b></p>			

This project funded in part through a grant from **Johnson & Johnson**





Emma O'Neil, 6  
Evergreen School – Scotch Plains, NJ

### FAMILY HELP-LINE 1-800-THE KIDS

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1 A big grin or friendly wink is a great way to say "I love you."

2 Today is Groundhog Day! Discover info and fun activities at [www.groundhog.org](http://www.groundhog.org).

3 **February is Black History Month**  
Tell your children about the contributions of African Americans like Arthur Ashe, Thurgood Marshall, Colin Powell and Maya Angelou.

4 Plan at least one fun event to share with your kids every week.

5 Use lots of smiles and laughter to communicate with your baby.

6 Your loving words reinforce positive feelings children have about themselves.

7 A hug or pat on the back communicates your love for your child.

8 **Boy Scouts Founded in 1910**  
"To help others at all times" is part of the Scout oath. Encourage your son to look into scouting adventures at [www.scouting.org](http://www.scouting.org).

9 Your children are never too old to be told they are loved.

10 Laugh at your children's jokes and let them know you enjoy their sense of humor.

11 For cozy fun on a blustery day, make popcorn and snuggle up to watch a favorite movie together.

12 A simple treat like blueberry pancakes can make weekend breakfasts really special.

13 Warm and loving interactions, like hugging and singing, help young children feel safe and secure.

14 **Valentine's Day**  
Today, and every day, share these words with your family: I love you.

15 A loving message tucked in your child's lunchbox will brighten his or her day!

16 Always greet your child with a smile.

17 Today, tell your children they mean the world to you.

18 Support your children's activities and be there to cheer them on.

19 Make family mealtimes a time to share your thoughts of appreciation and love.

20 **Presidents' Day**  
Teach your kids about the admirable qualities of George Washington, Abraham Lincoln and other presidents of the U.S.A.

21 Children know you care when you express love through your words, gestures and tone of voice.

22 Hug your child every day.

23 Let your children know you're proud to be their Mom or Dad.

24 Cuddle up with a book at bedtime. Reading to your child is a soothing way for you both to end the day.

25 One of the joys of being a parent is just having fun with your kids.

26 Take a few minutes today to think about everything you love and cherish about your family.

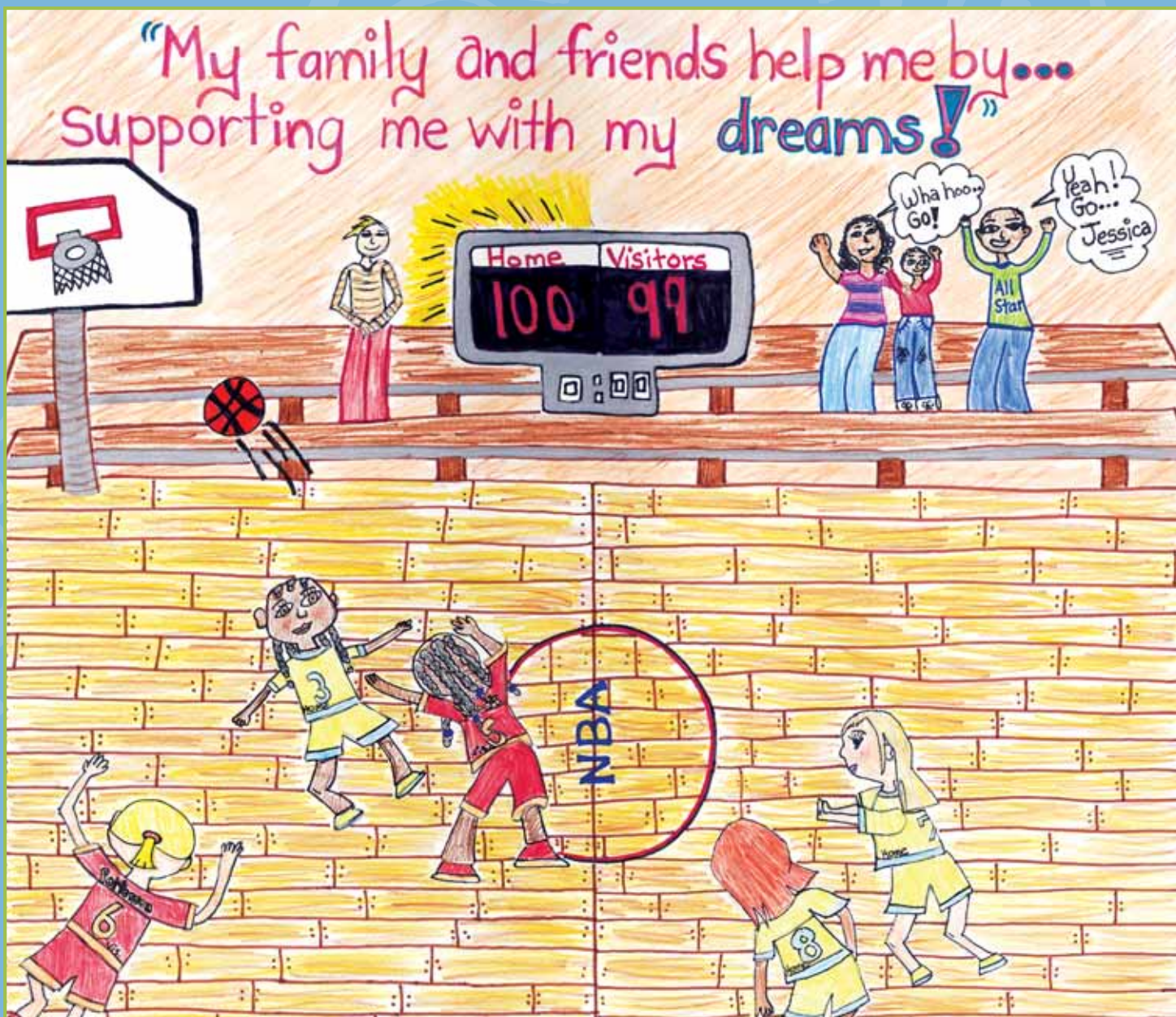
27 Today, tell each of your children why they're special to you.

28 Children know you care when you love them just for being themselves.

Share your love with your family.  
Try this month's tips and say  
"I Love You" in brand new ways!

This project funded in part through a grant from *Johnson & Johnson*





Jessica Dotson, 11  
Bobby's Run School – Lumberton, NJ

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## March is National Nutrition Month.

Help your family stay healthy and fit with this month's tips about eating well and staying active.

1 Check out the new food guide pyramid with your children at [www.mypyramid.gov](http://www.mypyramid.gov).

2 **Read Across America Day** Take some time this evening to read aloud to one another.

3 Limit sedentary activities such as television, video and computer games to two hours per day or less.

4 On your next trip to the supermarket, let the kids select a new fruit or vegetable to try.

5 Get the whole family involved in regular exercise—enjoy an afternoon bike ride with your kids.

6 Calcium's a super nutrient for strong bones and teeth. Get it from milk, yogurt, cheese and calcium-fortified juices and cereals.

7 Remember you don't need to join a health club to be active. Walking is easy and free!

8 Make sure your child gets 9 to 10 hours of sleep each night.

9 Keep cut-up fruits and veggies on hand to help your child meet the recommended five-plus daily servings.

10 **March is National Women's History Month.** Teach your kids about Christa McAuliffe, Amelia Earhart or Rosa Parks.

11 Keep exercise a priority for your family. Don't just "squeeze it in."

12 Start today with a family breakfast. French toast, pancakes and omelets all pack plenty of nutrients.

13 **Girl Scout Week** Scouting is a great way for girls to stay active into their teens. Check it out with your daughter: [www.girlscouts.org](http://www.girlscouts.org).

14 Spread crunchy peanut butter onto celery sticks and top with raisins for a kid-favorite "ants on a log" snack.

15 Help your child stay fit with regular health check-ups and current immunizations.

16 For an energizing snack, bring orange wedges or 100% citrus juice and nut granola bars to the next sports practice.

17 **St. Patrick's Day** Help your children find Ireland in the atlas or on the globe.

18 Set aside time today to "tune-up" the kids' bikes for spring. Are brakes, tires and helmets in good shape?

19 Give your child positive rewards for exercising, such as workout clothes or new sneakers.

20 **Celebrate the first day of Spring!** Throw a frisbee or fly a kite with your kids.

21 **March is Red Cross Month** The American Red Cross helps people prevent, prepare for and respond to emergencies. You can help by donating blood or money.

22 Prepare now for an active and safe summer. Sign your kids up for swimming lessons at the Y or local indoor pool.

23 Exercise with your little ones. Jumping jacks are fun.

24 Power up your family's diet with antioxidant-rich foods: almonds, berries, citrus, carrots, spinach, tomatoes, bell peppers.

25 Drive less! Walk, skate or cycle more.

26 Don't let chilly weather keep you indoors. Take a walk to look for budding branches and other signs of spring.

27 Good nutrition starts before your baby is born. Eat properly, rest and see your doctor.

28 For fiber- and antioxidant-rich lunches or snacks, add baby carrots, grape tomatoes and red bell pepper slices.

29 Parfaits make a perfect dessert! Layer low-fat yogurt, fresh or frozen berries and toasted almonds in a tall glass.

30 Plan an active weekend with your family. Try roller skating, tennis or bowling.

31 Most important—have fun while being active!

This project funded in part through a grant from *Johnson & Johnson*



Cynthia Lin, 9  
Woodbrook Elementary School – Edison, NJ

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## April is National Child Abuse Prevention Month.

Please do what you can to keep every child in New Jersey safe from harm.

**1** Learn the warning signs of abuse and neglect. Take action if you believe a child's health or safety is in jeopardy. Call 1-877-NJ ABUSE.

<p><b>2</b> <b>Daylight Saving Time Begins</b> Longer days mean your children are outside longer. Always know where they are and who they're with.</p>	<p><b>3</b> Volunteer with a child abuse prevention program in your community. Call 1-800-THE KIDS.</p>	<p><b>4</b> It's tax time! Don't forget to check the Children's Trust Fund box, line 54, on your state tax return to make a tax-deductible donation.</p>	<p><b>5</b> If you're a teen parent, it can be stressful to do it alone. Ask for help with child care.</p>	<p><b>6</b> Curious about effective parenting skills? Check out the parenting resources at <a href="http://www.pta.org">www.pta.org</a>.</p>	<p><b>7</b> Children from single-parent homes can benefit from role models. Do you have time to volunteer as a Big Brother or Big Sister?</p>	<p><b>8</b> NJ's Safe Haven Law lets parents give up an unwanted infant safely, legally and anonymously. Call the 24/7 hotline at 1-877-839-2339 for more information.</p>
<p><b>9</b> Frustrations or concerns about parenting? Create your own support group by calling a friend or relative. Or call 1-800-THE KIDS for a local support group.</p>	<p><b>10</b> If you see a child in danger, please step in to help. A toddler alone in a public place, for instance, needs protection until his or her parents are found.</p>	<p><b>11</b> Learn how to save a child's life! Sign up for a first-aid and CPR course.</p>	<p><b>12</b> Do your children use the Internet? Instruct them to NEVER give personal information—name, address or telephone number—to anyone.</p>	<p><b>13</b> <b>First Day of Passover</b> Invite your children to make the day special by helping to plan, cook and serve the holiday meal.</p>	<p><b>14</b> <b>Good Friday</b> Holidays are special opportunities to create memories and traditions with your family.</p>	<p><b>15</b> Support healthcare for all children. Ideas: Learn about NJ FamilyCare by calling 1-800-701-0710 or visiting <a href="http://www.njfamilycare.org">www.njfamilycare.org</a>.</p>
<p><b>16</b> <b>Easter</b> Let children share in the preparations! They'll love decorating windows, painting eggs or making placecards for guests.</p>	<p><b>17</b> Lend a friendly ear when you meet a parent who needs to express the challenges or disappointments of parenting.</p>	<p><b>18</b> Post a list of phone numbers of neighbors and relatives your children can call when you have to be away from home.</p>	<p><b>19</b> Remind your children never to open the door to strangers or adults they are not comfortable with.</p>	<p><b>20</b> Need someone to talk to about the challenges of parenting? Call 1-800-THE KIDS.</p>	<p><b>21</b> Teach young children their name, address and phone number as early as possible.</p>	<p><b>22</b> <b>Earth Day</b> Will New Jersey's youngsters have clean air and water in the future? For their sake, support conservation and recycling in your community.</p>
<p><b>23</b> Build a support network to help with the challenges of parenting.</p> <p><b>30</b> "Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that has." - Margaret Mead, anthropologist</p>	<p><b>24</b> Single parents can expect to feel tired. You have twice as many responsibilities. Call 1-800-THE KIDS if you need support.</p>	<p><b>25</b> Post this nationwide, toll-free poison hotline number where you can find it fast: 1-800-222-1222.</p>	<p><b>26</b> Before you hire a new sitter for your children, ask for references—and check them.</p>	<p><b>27</b> Communicate with the parents of your child's friends to make sure your children's activities are always well supervised.</p>	<p><b>28</b> Can you open your heart to a child? Call 1-877-NJ Foster or visit online at <a href="http://www.njfostercare.org">www.njfostercare.org</a>.</p>	<p><b>29</b> Always keep youngsters within sight when shopping. Hold hands, put them in the cart or let them hold onto the cart with you.</p>



Jordan Henry, 9  
Bobby's Run School – Lumberton, NJ

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	1 Volunteer to help in your neighborhood spring clean-ups.	2 Children learn a sense of community from participating in projects like neighborhood yard sales and cooperative gardens.	3 Lend a hand to projects that make your community "kid-friendly"—bike lanes, new play equipment or supervised recreation programs.	4 Let kids help make plans for the weekend.	5 <b>Cinco de Mayo</b> Celebrate with a family dinner that includes everyone's favorite Mexican dish.	6 <b>Join Hands Day</b> This national event brings young people and adults together to make their neighborhoods better. For info, visit <a href="http://www.joinhandsday.org">www.joinhandsday.org</a> .
7 Visit the park today and push your little ones on the swing or follow a walking trail.	8 Help your child make a map of your neighborhood. Mark your house and other landmarks.	9 <b>National Teacher Day</b> Help your child make a card that expresses appreciation for his or her teacher.	10 <b>May is National Physical Fitness &amp; Sports Month</b> Encourage everyone in your family to have an exercise routine.	11 Check your local aquarium or planetarium to find out what interesting children's programs are going on this weekend.	12 Community and church yard sales are great places to find inexpensive toys and games.	13 Teach responsibility by sharing household chores with your children.
14 <b>Mother's Day</b> A good day for Mom to relax and enjoy what she would like to do most.	15 Make time for family fun. All you need is commitment and a playful spirit.	16 Planning a family project? Include tasks for everyone, so even the little ones can help.	17 Attend your local high school sporting events. They're fun to watch and usually free.	18 Encourage children to keep your neighborhood tidy by putting trash in its place.	19 Brighten your world! Let the children help plant window boxes or porch planters with colorful flowers like zinnias or marigolds.	20 Cleaning out the garage or attic? You'll make some child very happy this summer by donating outgrown bikes, toys or sports equipment.
21 Take a family "field trip" to explore somewhere new in your community—a farmer's market, hiking trail or historic site.	22 Your carpentry or landscaping skills—even your talent with a paint brush—are welcomed by organizations that build and renovate homes for low-income families.	23 Ask your children to make a list of fun new things they'd like to try this summer.	24 Spring cleaning? Good-quality household items you no longer want can help a family in need. Check with local churches or charities about donating them.	25 Get involved with your community planning group to make local streets, parks and playgrounds safe and welcoming places for children of all ages.	26 Get together with another family in your neighborhood to catch up on news and share a barbecue or potluck supper.	27 This weekend, take time out just to spend quality time with your kids.
28 Plant a tree as a family project! You'll beautify your neighborhood and help create cleaner air.	29 <b>Memorial Day</b> Celebrate the holiday—enjoy a local parade and a picnic with your family.	30 Swim Season is here! Be sure to review Water Safety rules at <a href="http://www.njredcross.org">www.njredcross.org</a> .	31 This spring, join with your neighbors to plan a block party, community garden or a neighborhood watch.	<p><b>Spring is a great time to get out and enjoy your community. Try these ideas to get the whole family involved.</b></p>		

This project funded in part through a grant from **Johnson & Johnson**



Damien Torres, 7  
Roosevelt School – Kearny, NJ

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Summertime is here! This month's tips will help your family have a safe and happy summer.  
For more tips, visit [www.safekids.org](http://www.safekids.org).

1 Put together two first-aid kits with remedies for bug bites, poison ivy, splinters, cuts and scratches. Keep one at home and one in the car.

2 Throw away broken toys and sports equipment that can't be fixed.

3 Teach your kids how to check for ticks after playing in the woods or long grass.

4 Remember "Back to Sleep." Placing baby on his or her back, at nighttime and naptime, is the best way to reduce the risk of suffocation.

5 Can your children identify poison ivy? Teach them how to spot and avoid this plant.

6 Keep a written record of each child's medical history, including immunizations, illnesses, allergies and medications.

7 Swimming season is here. Be sure your children are always supervised around water. Sign them up for lessons.

8 For times when you're not home, agree on ground rules about cooking, leaving the house and having friends over.

9 Encourage your children to tell you right away about people or experiences that make them feel fearful or uncomfortable.

10 Safety first! Make sure everyone is buckled up, even if you're driving just a single short block.

11 **Father's Day**  
A day for dad to plan his favorite activity.

12 Think fire safety this month—and all year long. Store matches and lighters out of children's reach.

13 Never leave children, pets or fragile adults alone in the car, not even for a minute.

14 **Flag Day**  
Teach your children about Betsy Ross, who sewed the first American flag.

15 If your child has special medical needs, make sure teachers, sitters, camp counselors and family members understand how to deal with these needs.

16 Attend graduations, year-end concerts and other events to show the children and teens in your life that you're proud of them.

17 Heading for the beach this weekend? Don't forget to take hats, sunscreen and lots of cool drinks.

18 Children should always ride restrained with a car seat or seat belt and in the back seat.

19 Was your house or apartment built before 1978? If so, have it tested for lead-based paint and make sure your child's lead levels are tested too.

20 Teach your children to avoid taking shortcuts through vacant or unknown areas and to walk with someone when possible.

21 **First Day of Summer**  
Instruct children never to play in the road and always walk on paths or sidewalks.

22 Make sure the bikers, skaters and skateboarders in your family always wear helmets.

23 Protect your child from poisoning. Store prescriptions, over-the-counter medications and cleaning supplies in a locked drawer or cabinet.

24 Start early to educate your children about the health risks of smoking cigarettes.

25 Curious toddlers are attracted to wall outlets. To prevent electrocution, keep all electrical outlets covered with safety plugs.

26 Make sure your children wear light-colored or reflective clothing when playing or riding bikes after supper.

27 Avoid buying children's clothing with drawstrings. They can get caught in school bus doors, playground equipment and bicycle spokes.

28 Hold a family fire drill. Children (and adults) will be calmer in a real emergency if they know what to do.

29 Never hang toys with long strings, cords, loops or ribbons in cribs or playpens. Babies may become tangled and choke.

30 A parked car becomes fatally hot very quickly. NEVER leave children alone in a car, not even for a minute, not for any reason.



Kathy Ye, 10  
Millstone River School – Plainsboro, NJ

### FAMILY HELP-LINE 1-800-THE KIDS

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Notes

Looking for ways to encourage good behavior?  
This month's tips are all about positive parenting.  
Check them out!

1 Be clear about your family's rules. Have your children explain why each rule is important and why it needs to be followed.

2 Consistency is important. When children break a rule, stick to the consequence you've established.	3 Nothing makes your child feel as important as having your undivided attention.	4 <b>Independence Day</b> Happy 230th birthday America! Enjoy picnics, parades and fireworks!	5 Sometimes we forget to pay attention until a child misbehaves. Remember to praise good deeds too!	6 Make sure everyone who cares for your children understands how you discipline your children.	7 Teaching good behavior takes time, practice and consistency—but it does get easier.	8 Be flexible. As your children grow, they're ready for more responsibility and some changes in rules and limits.
9 Focus on building closeness, openness and trust in your relationship with your child.	10 Sincere praise from a parent is often the best reward.	11 Try to forgive and forget—don't bring up your child's past mistakes.	12 Let your children know you expect honesty and good sportsmanship.	13 When children ask questions about sex, answer as simply and directly as you can.	14 Always speak to your child as you would like to be spoken to.	15 Positive parenting is about love and understanding, not about power and control.
16 Make it a family rule that people are not for hitting or hurting.	17 Newborns will not become spoiled if they receive lots of loving, caring attention and caretakers respond to their crying quickly.	18 Even if you and your partner have different discipline styles, try to agree on a consistent set of rules for your children.	19 Suspect your child is using alcohol or drugs? Discuss the situation with your child, express your concerns and contact a qualified professional if you need help.	20 Don't spank your children—it teaches them to use aggression and violence to solve problems.	21 Instead of spanking, make eye contact with your child at his or her level and gently but firmly explain the behavior you expect.	22 Let your children be part of the family's decision-making process. Ask them for their opinions.
23 <b>Parents' Day</b> A day to appreciate yourself for all you do to care for your children.	24 Praise your children when they follow your family rules.	25 Positive parenting is about giving children clear expectations for their behavior.	26 When children make a mistake, discuss what they've learned and how they'll handle the situation next time.	27 Having family meetings can help resolve a conflict in your household. Let everyone contribute their thoughts.	28 Offer your children choices. They'll learn to think for themselves and make decisions on their own.	29 Setting limits and enforcing them can be tough, but staying consistent helps your children learn to self-regulate their behavior.
30 If children must be home alone, teach them how to reach a responsible adult at all times.	31 Strong, loving family relationships help your kids face the world with confidence.					

This project funded in part through a grant from *Johnson & Johnson*



Rong Xiang, 7  
Stockton School – Cherry Hill, NJ

### FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at [www.njtaskforcecan.org](http://www.njtaskforcecan.org)



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# August

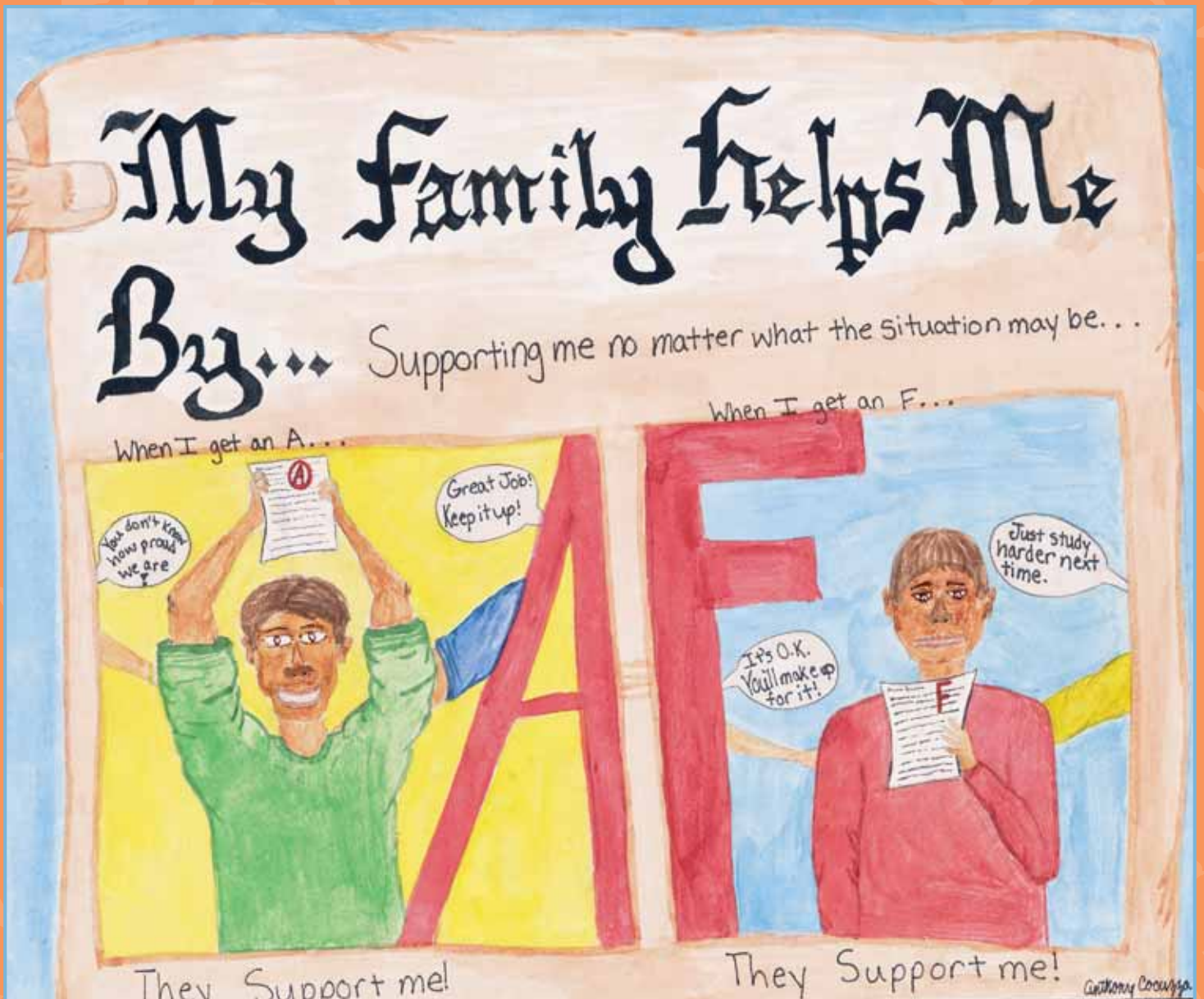
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**S M T W T F S**

Enjoy this last month of summer with your family.

Try this month's ideas for activities for enjoying quality time together.

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1 Plan family activities in advance and note them on this calendar so other things won't interfere with these special times.	2 Tell your child how you chose his or her special name when they were born.	3 Balance your schedules so you can all eat dinner together.	4 Simple, unstructured activities—catching lightning bugs, watching a spider spin its web—let children discover nature.	5 This month, take your children to the library more often.		
6 <b>Friendship Day</b> Help your children's friendships grow. Let them know their friends are always welcome in your home.	7 Tip for new dads: Spend lots of time caring for and playing with your baby. The rewards are great!	8 Visit a local farm where the whole family can pick their favorite berries and fruit.	9 Have fun together: Jump rope and learn a new skipping song.	10 If you can, take your children to visit your workplace. They'll be interested to see how you spend your day.	11 Plan a special dinner featuring food from another country. Let your kids choose the country.	12 Children enjoy seeing artists at work. Take them along when you visit an arts and crafts fair.
13 Once in a while, have a special family dinner by candlelight.	14 Celebrate your family's history. Start a video or audiotape of your relatives' stories and memories.	15 Read the newspaper with your children. They'll learn to stay informed about world events.	16 Bake a cake together—it's fun, delicious and teaches simple measuring skills, too!	17 Next time you visit the library, look up the newspaper from your child's birthday. Children enjoy seeing what happened on the day they were born.	18 Let children take turns inviting a special friend for dinner.	19 Family fun activity: Watch and then review a TV movie or video and have everyone give it one, two, three or four stars. Do you all agree?
20 Time to think about back-to-school. Decide on school-night bedtimes and start getting children tucked in a little earlier each night.	21 All children love to color, paint and draw. Join them and share the fun!	22 Make sure your child knows the time you spend with him or her is special for you, too.	23 Ask your children to make a list of school supplies they'll need. Practice math skills using back-to-school ads to compare prices.	24 Check your local paper for festivals, outdoor concerts and other fun family events this weekend.	25 Let the children "navigate" on your next family trip. Ask them to draw the route on the map, watch for road signs and estimate trip miles and time.	26 <b>Women's Equality Day</b> This day celebrates women's right to vote. Ask your children to guess how long it took women to earn this right. (72 years)
27 Get out the camera this weekend to take pictures of family summer fun!	28 Children hot and bored? Take a break. Serve cool drinks and tell them happy memories from your childhood.	29 A trip to the ice cream store after supper can be a special treat.	30 Laugh it up today. Tell jokes, sing silly songs, poke fun at yourself. Laughter is good for your child—and for you.	31 Put together a scrapbook of photos, drawings and memories about what your family did this summer.	<p>Notes _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	



Anthony Cocuzza, 12  
Emma C. Attales School – Absecon, NJ

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Notes

Heading back to school is an exciting time!  
This month's ideas will help your children get off to a great start.

1 When you learn something new, share it with your children. You'll show them learning is a lifetime process.

2 Take some time today to check that clothes and supplies are ready for school.

3 Set up a quiet, well-lit place just for homework. Stock it with everything your children need to stay on task.

4 **Labor Day**  
School will start soon. Relax and enjoy the holiday together before busy schedules begin.

5 Establish a routine for the school year with regular times to do homework, play and go to bed.

6 TV time is a positive reward for completing homework.

7 Mark this calendar with dates for school pictures and other important occasions.

8 Attend parents' night and meet your child's teachers. Prepare questions in advance to ensure all your expectations are addressed.

9 Encourage reading skills. Read with young children every day.

10 **Grandparent's Day**  
Today, call or visit with the grandmas and grandpas in your family—or visit a nursing home and spend time with the elderly.

11 Studies show students do better in school when parents are involved in their children's learning.

12 Get involved with the parent-teacher organization at your child's school.

13 Teach young readers how to look up unfamiliar words in the dictionary.

14 Are you a computer expert? Share your expertise by volunteering in the classroom.

15 **National Hispanic Heritage Month**  
Tell your children about the accomplishments of astronaut Ellen Ochoa, Attorney General Alberto Gonzalez or artist David Diaz.

16 **Stepfamily Day**  
If yours is a "blended" family, take a few moments to acknowledge the extra effort and understanding you put into bringing up your children.

17 Check homework every evening. Praise your children's right answers and help them to correct mistakes.

18 Children need to be well rested to learn. Set a curfew and stick to it.

19 Schedule play dates for your preschooler so he or she learns about sharing, cooperating and making friends.

20 Show pride in your children's work! Display the artwork, stories and crafts they bring home.

21 Take time to talk to your child daily about his or her experiences at school.

22 If your child is having problems in school, work with his or her teacher to find solutions.

23 **Rosh Hashanah, the Jewish New Year**  
This is a good time to set family and personal goals.

24 **Ramadan Begins**  
For Muslims this is a time for reflection, fasting and doing good deeds.

25 Ensure your children start early on large school projects. Help by noting due dates on this calendar.

26 Offer suggestions and feedback, but don't do your children's school projects for them.

27 All teens study differently. Help your teenager discover what works best for him or her.

28 If your child is alone at home after school, make sure he or she calls you and/or checks with a neighbor when arriving home each day.

29 Help your child discover how books, atlases and other resources at your local library can help with homework and projects.

30 Make your home a place that nurtures and encourages learning.

# "My family and friends help me by..."



Simone Cumberbatch, 8  
Dr. Charles C. Polk School – Roselle, NJ

**FAMILY HELP-LINE 1-800-THE KIDS**

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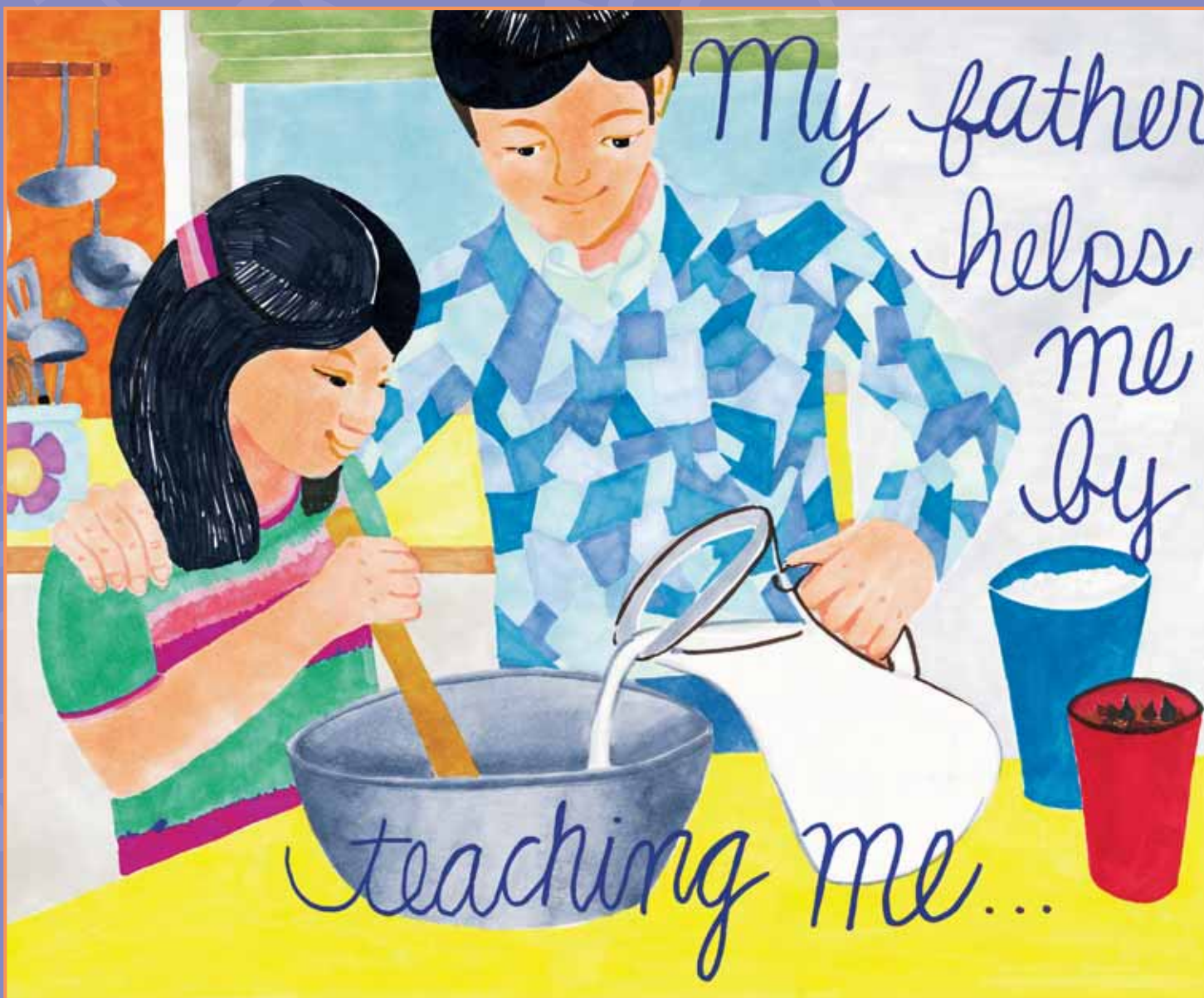
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# October

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<b>S</b> 1 There are no perfect parents, so forgive yourself when you're less than perfect.	<b>M</b> 2 <b>Yom Kippur</b> Tell your children about why holidays and traditions are important in your family.	<b>T</b> 3 Take time to develop your interests this fall. Sign up for a class or exercise group.	<b>W</b> 4 For less-stress mornings, check the weather report the night before to help your children select what to wear the next day.	<b>T</b> 5 When your family's schedule gets too hectic, circle a date on this calendar for a quiet evening together at home.	<b>F</b> 6 Bring books and healthy snacks (crackers, cheese, grapes) when you visit the pediatrician and other places where you expect to wait.	<b>S</b> 7 Don't ignore your teen's negative feelings. Talk about them and offer help and support.
8 <b>National Children's Day</b> Raising healthy, happy children is the most important job in the world.	9 <b>Columbus Day</b> Ask your children to research how long it took Columbus to sail from Spain to North America in 1492. (5 weeks)	10 <b>National School Lunch Week</b> Healthful meals can improve children's concentration and help them succeed in school.	11 Join with other parents to organize supervised activities for adolescents and teens in your community.	12 Parenting is less stressful when you balance your busy days with a good night's rest.	13 If your child is having academic or behavior problems, meet with his or her teacher to come up with solutions.	14 Are shopping or errands on your list today? Pack snacks and a favorite toy to keep your little one happy.
15 Avoid the Monday morning rush by preparing lunches, backpacks and diaper bags the night before.	16 Feeling stressed? Get in touch with a supportive friend or relative, or call <b>1-800-THE KIDS</b> for someone to listen.	17 Make it a rule that it's never okay to translate angry feelings into physical or verbal abuse.	18 Coping tip: Try regular exercise every week such as going for a swim or walk or taking a fitness class.	19 Know parents under pressure from divorce, job loss or other trauma? Offer support and let them know help is available at <b>1-800-THE KIDS</b> .	20 Schedule a sitter and spend some special time with your partner or friends this weekend.	21 Stress can affect kids, too. Make sure your children aren't overcommitted with school and extra-curricular activities.
22 When anger builds, walk away from the situation until everyone cools off. Discuss the issues when everyone is calm.	23 Keep stress in check by making exercise a regular part of your life. Try dancing, bowling or aerobics.	24 Stressful day? Try a change of scenery. Gather up the children for a walk around the neighborhood or a hike in the park.	25 Nurture your adult relationships. Make time for activities with your friends.	26 When life seems too hectic, simplify your family's schedule—choose the most important activities and let others go.	27 Don't hurt the ones you love. If someone can watch the children, go outside and take a walk.	28 Making a list of children's weekend chores can save a lot of nagging. Post them on the refrigerator.
29 <b>Daylight Savings Time Ends</b> Time to turn clocks back an hour—and put new batteries in your smoke and carbon monoxide detectors.	30 Plan ahead how you'll manage childcare and work schedules when school is canceled for snow days this winter.	31 <b>Halloween</b> Partner with another parent and always accompany the children when they are trick or treating.	<p>Parenting sometimes seems like the toughest job in the world. Try this month's tips to cope with the challenge.</p>			



Grace Ko, 11  
Charles DeWolf School – Old Tappan, NJ

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# November

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Every child is wonderfully **different** and matures at his or her own pace. Get to know more about **stages of development** so you won't expect too much or too little from your child.

**1** It's normal for adolescents to want to spend more time with friends and less with you. Try to understand their growing independence.

**2** Children tend to live up or down to our expectations, so have positive expectations for your children at every age!

**3** Offer teenagers practical advice and emotional support, but try to let them make their own decisions.

**4** Tantrums of a two year old can stress the most patient individual. Reduce them by ignoring the tantrums as long as your toddler is safe from injury.

**5** No matter how frustrated you feel about baby's crying, never shake your baby. Put baby in a safe place and take some time to care for yourself.

**6** Grounding—restricting your child to home or his or her room—can be effective discipline for school-age children and teens.

**7** "Time out" is a positive way to discipline young children. One minute of time-out per year of life is a good rule of thumb.

**8** Use positive language with your teen. Judging, criticizing and blaming will push them away.

**9** Individual differences are a natural part of a happy and diverse family.

**10** Remember, it's natural for teens to express themselves through the hairstyles and clothing they choose.

**11 Veterans Day**  
Help your children understand the meaning of this day by catching a parade or visiting a memorial park together.

**12** Babies each have their own time clocks, especially for the first several months.

**13** Some preschoolers go through a period of stuttering. Let your child get his or her words out, no matter how long it takes.

**14** Adolescents and teens need chances to explore their independence.

**15** Babies are listening long before they say a word. Talk and sing to your little one as much as you can.

**16** Preschoolers learn more when a task is broken down into smaller parts. If you're learning numbers, do only a few at a time.

**17** Toddlers love singing songs and saying nursery rhymes.

**18** Spend lots of time bonding with your newborn by holding, rocking and speaking to your baby.

**19** Carefully consider how mature your teen is before allowing him or her to get a driver's license.

**20** If your teen can handle a part-time job, it shows responsibility and can help pay for car insurance.

**21** Fussy babies are often soothed by hearing your calm, loving voice.

**22** Seek help for your teen if he or she withdraws and loses interest in people and activities he or she once enjoyed.

**23 Thanksgiving Day**  
Let children join in with jobs that suit their ages and abilities—setting the table, washing vegetables or serving the pie!

**24** As your children mature, introduce them to different activities, sports and hobbies, then let them choose what they like.

**25** When children can handle something for themselves, try to let them do it, even if it takes a little longer.

**26** If your child is a "loner," make efforts to arrange playdates with other children.

**27** When your child is upset or down, take time to offer a hug and an understanding ear.

**28** Enjoy your baby. In a blink of an eye he or she will be a toddler!

**29** Taking away toys or privileges can help manage inappropriate behavior. Remove the item for several hours for a 2-year-old but several days for a 12-year-old.

**30** Children mature at different rates. Be patient when your child is potty training.

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Terry Gao, 10  
Bobby's Run School – Lumberton, NJ

### FAMILY HELP-LINE 1-800-THE KIDS

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Notes

Keep the season simple  
and let the true spirit of the  
holidays shine brightly!

1 Brainstorm how your family can help a less fortunate family this holiday season, then put the best idea into practice.

2 Hanukkah, Christmas and Kwanzaa are coming. Visit the library or a bookstore for stories about these wonderful holidays!

3 Take time to relax and "charge your batteries" for the holiday hustle and bustle in the weeks ahead.

4 Sharing family activities helps bring parents and children closer together.

5 Pick up a few coloring books, puzzles and board games for days when the kids are home due to snow days or illness.

6 Mark this calendar with holiday TV specials your family will enjoy together.

7 When shopping for gifts for your children, remember the best toys are those that encourage their creativity.

8 Does your local library offer holiday story time or craft sessions for preschoolers? Your little one would love to get involved!

9 Plan a family trip to a farm where you can choose and cut your own Christmas tree.

10 Help your kids string popcorn and cranberries for decorations; after the holidays hang them outside to feed the birds.

11 Involve your children in holiday preparations by having them make decorations.

12 Support your kids—show up at their holiday concerts and events and show your enthusiasm.

13 This year begin a new Christmas, Hanukkah or Kwanzaa celebration—it may become a tradition for your family.

14 Have some old-fashioned fun! Cut snowflakes out of folded white paper and hang them to decorate your windows.

15 Feeling caught up in the holiday rush? Circle a day on this calendar for a quiet family evening at home.

16 **Hanukkah**  
Celebrating holidays and happy moments together creates joyful family memories.

17 Find an easy, no-bake cookie or candy recipe that kids can make themselves.

18 Holidays create extra stress. Call **1-800-THE KIDS** if you need to talk to someone.

19 Cozy fun on a snowy day: Make and decorate a batch of "slice 'n bake" cookies together.

20 Don't worry if housework falls a little behind during the holidays.

21 Take the stress out of the season by focusing on simple things that make you feel content.

22 **First Day of Winter**  
Enjoy winter with your kids! Create a magical snowman or snowday together.

23 Sing holiday songs in the car as you run errands together today.

24 Bundle up and take a walk with the kids today, even if it's snowing.

25 **Christmas Day**  
Today, the very best present is sharing the love in your family.

26 **Kwanzaa Begins**  
Unity is the theme for the first day of Kwanzaa. Celebrate by sharing dinner with another family.

27 This is a wonderful time of year to share special stories about your childhood and family with your children.

28 Help the children write thank-you notes for their gifts.

29 Kids having all the fun? Join them for skating and sledding this winter!

30 Remember the birds on cold winter days. Give your children the responsibility for filling the feeder.

31 **New Year's Eve**  
Get out family photos and videos from 2006. Share the memories—and look forward to 2007!

This project funded in part through a grant from **Johnson & Johnson**

## Resource Numbers

### **FAMILY HELP-LINE 1-800-THE KIDS**

A toll-free hotline established by the Task Force on Child Abuse and Neglect to answer questions on child abuse and its prevention, and to make referrals to other agencies that can help with parenting needs.

### **CHILD ABUSE REPORTING HOTLINE 1-877-NJ ABUSE**

A toll-free hotline number to report instances of child abuse and neglect. Calls can be made anonymously, although as much information as possible about the abuse should be provided (such as the child's name and address).

### **SAFE HAVEN INFANT PROTECTION HOTLINE 1-877-839-2339**

A toll-free hotline for distressed parents who wish to give up an unwanted infant anonymously, with no fear of arrest or prosecution. While information will be requested, no names or records are required.

### **THE NEW JERSEY TASK FORCE ON CHILD ABUSE AND NEGLECT 1-609-292-0888**

### **PREVENT CHILD ABUSE – NEW JERSEY 1-800-CHILDREN**

### **PARENTS ANONYMOUS 1-800-843-5437**

### **VICTIM/WITNESS HOTLINE 1-800-242-0804**

### **CHILDREN'S TRUST FUND 1-609-633-3992**

### **DOMESTIC VIOLENCE HOTLINE 1-800-572-SAFE**

### **ASSOCIATION FOR CHILDREN OF NEW JERSEY 1-973-643-3876**

### **NEW JERSEY CHILD ASSAULT PREVENTION (CAP) PROJECT EDUCATIONAL INFORMATION & RESOURCE CENTER 1-856-582-7000**

to come

Governor, State of New Jersey

New Jersey Task Force on Child Abuse and Neglect  
P.O. Box 711, Trenton, NJ 08625

[www.njtaskforcecan.org](http://www.njtaskforcecan.org)

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